



Mt. FUJI International Marathon 2023

RACE DAY
11/26
SUN!!

Presented By **SPORTS DEPO**

[ORGANIZERS]

The Nikkan Sports News, Fuji Kawaguchiko machi , Yamanashi JAAF, R bies Sports Foundation



◆◆◆◆◆ Full Marathon (42.195km) Race Guide ◆◆◆◆◆

Thank you for your interest in the 12nd Mt. Fuji International Marathon. Please read it thoroughly. We are looking forward to your participation.

Official Web site <https://mtfujimarathon.com/english/>



Mayor of
Fujikawaguchiko Town
Kikuo Watanabe



Nikkan Sports Newspaper
CEO
Makoto Takada



Yamanashi Athletics
Association
Chairman
Eiichi Noguchi



Hello, Participants of Mt. FUJI International Marathon 2023. Welcome to Fujikawaguchiko Town. On behalf of our citizens, I would like to extend a heartfelt welcome to all of you.

In May of this year, Japan's Ministry of Health, Labour and Welfare downgraded the classification of COVID-19 to "Category 5 Infectious Diseases." I want to express my heartfelt gratitude to all the runners, cooperating organizations, many volunteers, and staff involved in the event to be able to organize this event at this time, as there are signs of regional economic revival. This event is only possible with all of you and your understanding and cooperation.

This year, not only is the 20th anniversary of Fujikawaguchiko Town's establishment as a town, but also the 10th anniversary of Mt. Fuji being registered as a World Cultural Heritage Site. To mark this memorable milestone, our town held a drone show for the first time in Yamanashi Prefecture using 400 drones in June. Starting with this as a turning point, the town's residents and tourism parties are working together on events such as the town-famous herb festival and Kawaguchiko Lake Festival, as well as various sports competitions, including the Mt. FUJI Marathon, which we hope will serve as a stepping stone to tourism recovery since the downfall due to COVID-19.

The Mt. FUJI Marathon has received great acclaim from runners in Japan and overseas. However, this time, we have taken a new approach and created a new course around Lake Kawaguchiko so that even more marathon fans can enjoy it. We are working to create an event in which it is easy for anyone to participate.

This fall's Mt. FUJI Marathon is in the perfect season, with the leaves from autumn remaining. We hope the beautiful scenery and joy and excitement of running will be etched in the hearts of runners, and you will take every opportunity to visit our town.

In closing, I wish all the runners participating in the Mt. FUJI International Marathon 2023 a successful completion.

Thank you for participating in the Mt. FUJI International Marathon 2023. I want to extend a warm welcome on behalf of all the organizers. In 2012, the Kawaguchiko Nikkan Sports Marathon, which celebrated its 36th history, changed its name to the Mt. FUJI International Marathon. We started with a new goal of being "the world's best resort entertainment marathon," with outstanding scenery and entertainment and becoming a tourist destination internationally, different from urban marathons. Runners are welcomed again this year with a course around Lake Kawaguchiko and Lake Saiko, a part of the World Heritage Site. In the past, the Mt. FUJI International Marathon was named "the world's most beautiful course" by the Berlin Marathon staff. Together Mt. Fuji, Lake Kawaguchiko, and Lake Saiko show a magnificent view, popular with overseas runners. Please enjoy the majestic scenery to your heart's content.

This year's event has received entries from many overseas runners, and the pre-COVID-19 spirit has returned! We will continue putting athletes first and devote ourselves to creating a safe and secure tournament. In addition to the Full Marathon and Charity Fun Run, a new 29km lap course around Lake Kawaguchiko was established this year to encourage participants to choose the Mt. FUJI Marathon from among the many available marathons. We have scheduled a Welcome Walk the day before the marathon to ensure all participants have the best day in Fujikawaguchiko Town.

Last but not least, I would like to thank the town of Fujikawaguchiko for their thorough preparation and cooperation in hosting this event, the Yamanashi Athletics Association for directing the event, the Fujiyoshida Police Station for their guidance on traffic supervision, and the Fujikawaguchiko fire department for emergency care. In addition, I would like to extend my sincere gratitude to the sponsoring companies and organizations for their support and a big thank you to all the participating runners.

This early winter, the "Mt. Fuji Marathon" can be held once again at the northern foot of Mt. Fuji. Thank you for your support and cooperation.

This 12nd Marathon will begin with a change from the traditional Kawaguchiko Nikkan Sports Marathon. The Full Marathon (42.195km) overlooks the majestic mountain body of Mt. Fuji, a World Cultural Heritage site. It circles Lake Kawaguchiko and Lake Saiko, which are constituent assets of the mountain, and is certified by the Japan Association of Athletics Federations.

With its beautiful scenery, the Full Marathon and Charity Fun Run, (approximately 11 km) for those aged 12 and over, have received high praise and entries from all over Japan. This year, we have also created a new 29km course that goes "Around KAWAGUCHIKO". Since Mt. Fuji was registered as a World Heritage Site, the event has become even more popular, becoming one of the most popular marathons with runners from around the world.

We hope that by participating in the competition, you will experience the beauty of Mt. Fuji and its surroundings and raise awareness of nature and landscape conservation. Furthermore, I hope that every one of you will achieve your goals, such as finishing the race and breaking your records.

It has been 10 years since Mt. Fuji was registered as a World Cultural Heritage Site. At the event, each participant in the charity fun run will donate 223 yen to the Mt. Fuji Environmental Conservation Activities Fund. By participating in the race, runners also have the opportunity to experience the world-class sacred mountain and the charm of the two constituent lakes, and to once again raise their awareness of nature conservation and landscape conservation.

I would appreciate it if you could do that too. In closing, I would like to express my sincere gratitude to all related organizations and people involved, including Fujikawaguchiko Town, for their tremendous efforts.

Time Schedule

November 25 (Saturday)

- 12:00 am Runner registration (BIB and Participation prize pick up) (until 7:00 pm)
(Funatsuhama Hirahama Venue)
- 2:00 pm **Sonic Welcome Walking Start**
(Funatsuhama Hirahama Venue)
- 3:00 pm **Runners welcoming ceremony**
(Funatsuhama Hirahama Venue)
- 7:00 pm **Runner registration(END)**

November 26 (Sunday)

- 7:00 am **Venue Open**
 - ① Race-day runner registration (until 8:30 am)
 - ② Baggage drop-off opens (until 8:30 am full marathon)
*Times are strictly observed.
- 8:15 am **Traffic restrictions begin**
- 8:45 am **Opening ceremony**
- 9:00 am **Start** (Funatsuhama Hirahama Venue)
- 12:45 am **Awards ceremony** (Funatsuhama Hirahama Venue)
- 3:00 pm **Race end**
- 4:00 pm **Baggage pick-up closes**
- 4:30 pm **Shuttle bus to the parking lot closes**
- 5:00 pm **Venue closes**

Please help us reuse a safety pin to attach the BIB

The Mt. Fuji International Marathon to protect the environment around Mt. Fuji with the goal of not generating unnecessary garbage. If runners no longer need their safety pins after a run, please return them to the recycling box. We will be reusing safety pins.

Confirmation and Preparation

Runner registration

- * One the race day. If you lost or forgotten your BIB card or the timing chip, we will reissue the one at "BIB Card/Chip information Center" for a fee.
BIB card : 1,000 Yen, timing chip: 1,000 Yen , BIB card and timing chip : 2,000 Yen.
The BIB Card/Chip information Center is located in the full marathon main event spaces (Funatsuhama Hirahama) on both Nov 25 and 26.

Contact

Information on the race

Fujisan Marathon organizer

To November 24

info-english@mtfujimarathon.com

November 25 1:00 pm - 7:00 pm
November 26 6:00 am - 4:00 pm

TEL.0555-72-4911

For details, please see the Fujisan International Marathon official Website

<https://mtfujimarathon.com/english/>



Process of participating in a full marathon

November 23rd (Thursday) to 24th (Friday)

Pre-registration (Alpen TOKYO (Shinjuku ku, Tokyo))
11:00 am-9:00 pm (BIB and Participation prize pick up)

November 25th

(Sat)

Funatsuhama
Hirahama
Parking Lot

12:00 am-7:00 pm
Runner registration
(BIB and Participation prize pick up)

November 26th

(Sun)

Funatsuhama
Hirahama
Parking Lot

5:00 am
Parking lot open

6:00 am
Shuttle bus service begins from the parking lot to the venue

7:00-8:30 am
Runner registration
(BIB and Participation prize pick up)

7:00 am Baggage drop-off open (until 8:45 am)

9:00 am Start

3:00 pm Race end (Full marathon Cut off time 6 hours)

4:30 pm Shuttle bus to the parking lot closes

5:00 pm Venue closes

Access (KAWAGUCHIKO Station to Race Venue)



For RUNNET GLOBAL entry only Parking/Shuttle Bus Information

Parking lot can only be used by those who applied in advance. If you are not requested a parking space, please use public transportation.



Fujisan Parking

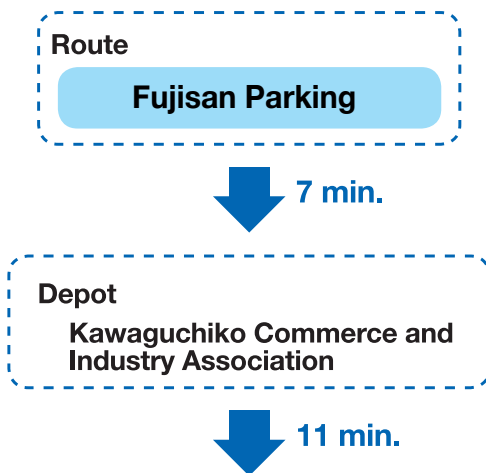
5597-84 Kamiyoshida, Kenmarubi, Fujiyoshida-shi, Yamanashi, 403-0005

- * Shuttle bus to the venue will be operated at any time from each parking lot except Kawaguchiko Minami JHS.
- * Please come to the venue on foot from Kawaguchiko Minami JHS.

Parking (Gates open: 5:00 am)

Operation of shuttle bus

To the venue: 6:00-7:45 am
From the venue: 12:30-4:30 am



Full marathon starting point

Illegally parked cars will be towed. Please be careful.

Check the traffic information here for the race day (Nov 26(Sun))!

- ★ iHighway Nakanihon <http://ihighway.jp/>
- ★ Official homepage <http://fujisan-marathon.jp/>
- ★ X Fujisan Marathon organizer @fuji42195 <https://twitter.com/fuji42195>

Please follow "@fuji42195".

Map



Start



Finish



Baggage drop-off



EXPO Area



Participation Prize reception



BIB pick up



Dressing/Restroom



First Aid

EXPO

SPORTS DEPO

HUAWEI WATCH

Mt. Fuji International Marathon Official Shop
BRING Running wear recycling tent

No entry Area

Award reception stage
Welcome ceremony
& Welcome Walking
Start & Finish
(Nov.25)

Lake
KAWAGUCHIKO

Hirahama

Venue entrance/exit A

*Closed from 8:00 to 16:00 on the 26th

To Charity Fun Run Start & Finish venue

Dressing room
"Yamazumi-en"

Start Area & Finisher's service Area

Funatsu hama

Rinsaku park

police sta.

Information

GATE D

Venue entrance/exit D

GATE C

Venue entrance/exit C

GATE B

Venue entrance/exit B

*Closed from 8:30 to 16:00 on the 26th

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To Kawaguchiko Station

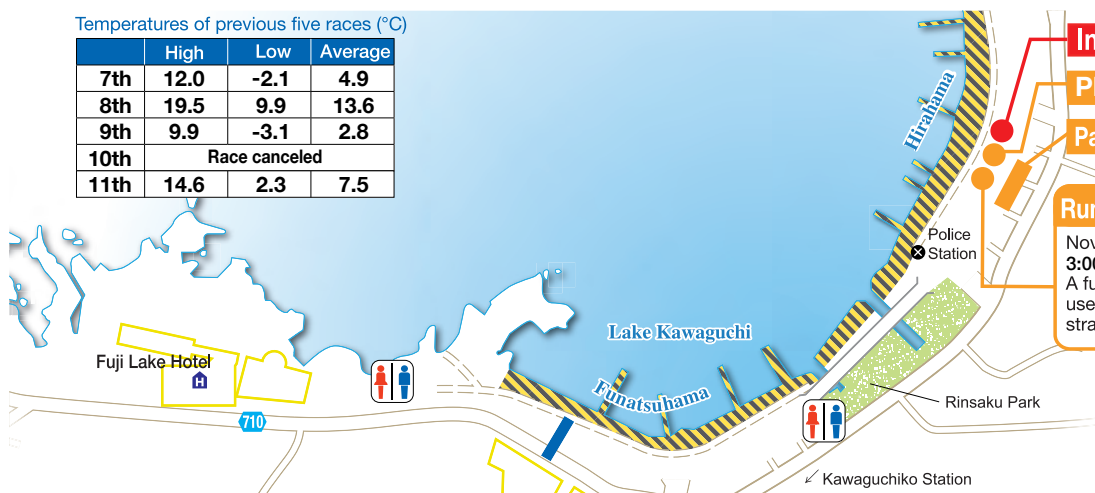
Komagari tunnel

Runner Bus Drop-Off Area

*Runners who withdraw from the race and board buses will be dropped off here.

Temperatures of previous five races (°C)

| | High | Low | Average |
|------|---------------|------|---------|
| 7th | 12.0 | -2.1 | 4.9 |
| 8th | 19.5 | 9.9 | 13.6 |
| 9th | 9.9 | -3.1 | 2.8 |
| 10th | Race canceled | | |
| 11th | 14.6 | 2.3 | 7.5 |



Information

Photo spot

Participation Prize Reception Tent

Runners Welcoming Ceremony

Free admission

November 25 (Saturday)
3:00 pm - 4:00 pm (scheduled)
A fun event at which there are prize raffles, useful information from our sponsors, course strategy discussions, and more.

1 Changing Clothes / Toilets

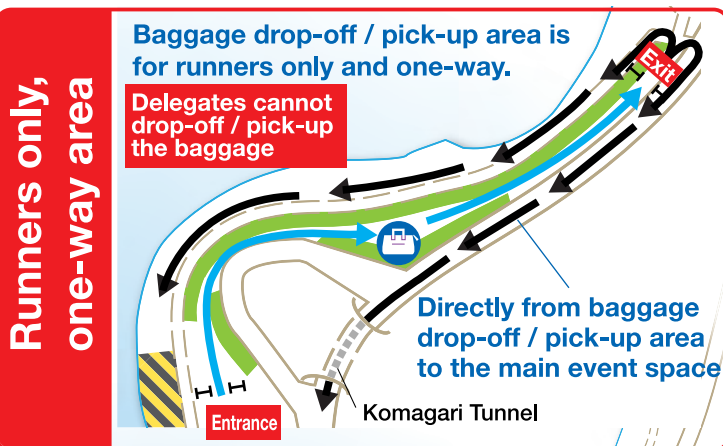
- Seven souvenir shops have been designated as changing areas.
- There are approximately 100 portable and souvenir shop toilets available for use located around the area of the Main Event Space. The portable toilets have a tendency to become crowded before the start of the race, so please prepare accordingly.

Usage hours
7:00 am - 4:00 pm

■ Clothing

Please wear clothing that allows your number card to be seen clearly.
*Please attach your number card to your outermost layer of clothing.

- The area around Mt. Fuji is prone to sudden changes in weather and can also become cold very quickly. For runners who will take longer than 3 hours to complete the race, we recommend that you bring both short- and long-sleeved shirts. Also, please do not forget to warm up before the start of the race.



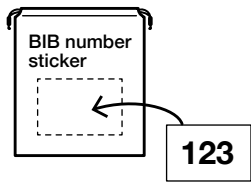
2 Baggage Drop-Off

Baggage drop-off reception time:
7:00 am - 8:45 am

Baggage pick-up time:
Individual finish - 4:00 pm

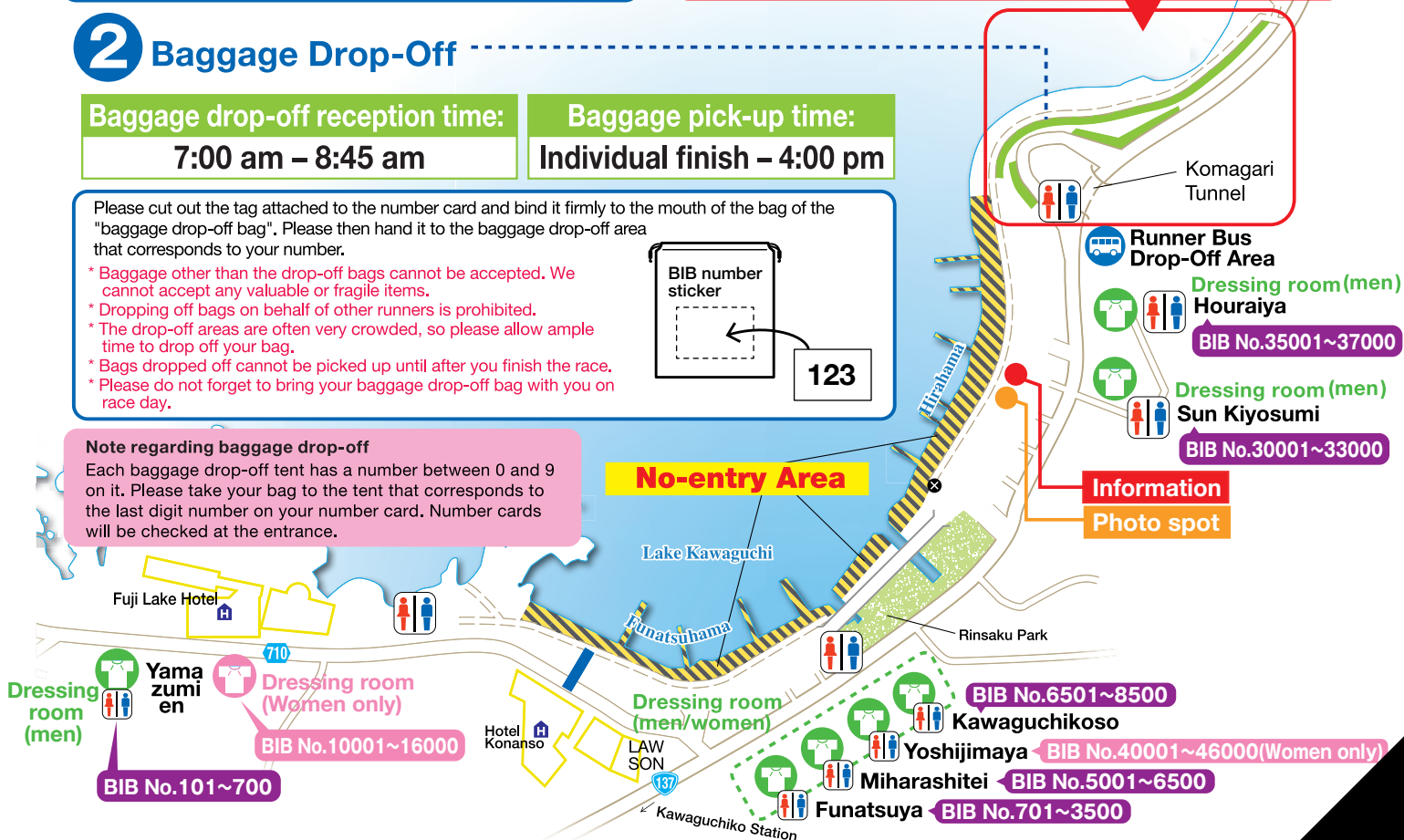
Please cut out the tag attached to the number card and bind it firmly to the mouth of the bag of the "baggage drop-off bag". Please then hand it to the baggage drop-off area that corresponds to your number.

- * Baggage other than the drop-off bags cannot be accepted. We cannot accept any valuable or fragile items.
- * Dropping off bags on behalf of other runners is prohibited.
- * The drop-off areas are often very crowded, so please allow ample time to drop off your bag.
- * Bags dropped off cannot be picked up until after you finish the race.
- * Please do not forget to bring your baggage drop-off bag with you on race day.



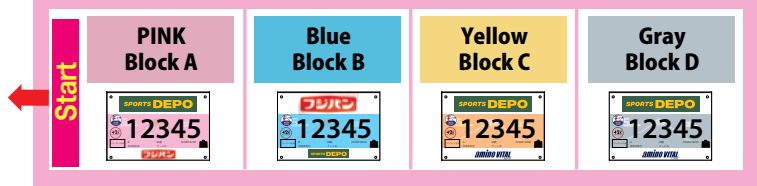
Note regarding baggage drop-off

Each baggage drop-off tent has a number between 0 and 9 on it. Please take your bag to the tent that corresponds to the last digit number on your number card. Number cards will be checked at the entrance.



Start Lineup Area: Hirahama, Funatsuhama

Please line up in the block (alphabet) designated on your number card by 8:45 am.



Each start block is closed at 8:30 am. If you do not come in time, you have to start from the tail end.

Information

Instagrammable spot

Cold-weather clothing collection box

Cold-weather clothing collection

- Throw-away clothing to avoid the cold such as sweaters and jackets can be worn until start time while lining up at each block.
- Please either leave these beforehand at collection areas, or at designated collection areas after the start signal.
- Collected clothing will be reused and will not be returned.
- Please dispose of throw-away ponchos in trashbins, not in clothing collection areas.

Collection boxes are also available at about 2km points on the course

Preparing for the Full Marathon

7:00 am – 8:45 am

Changing clothes
Baggage drop-off

8:45 am

Start blocks close

*If you are unable to get to your start block on time, you will begin the race from the end of the lineup

By 8:30 am

Go to your start block

8:45 am

Opening ceremony

9:00 am

Start

Necessary Items

■ Number Card

- JAAF-registered runners and medical workers will receive two number cards, one each for the front and back. All other runners will receive one number card. Please attach your number to a place that can be seen by event staff.
- Please confirm that the name and number on your card are accurate.

■ Timing Chip

- The included timing chip will be used to record your time during the race.
- * Running without your chip or losing it during the race will result in you being unable to receive a certificate of completion.
- * Runners who have lost or forgotten their number card or timing chip on race day are instructed to receive replacements at the lost number card/chip information area at a cost of ¥1,500. This is located at the reception headquarters inside the participation prize reception tent on both November 25 and 26.

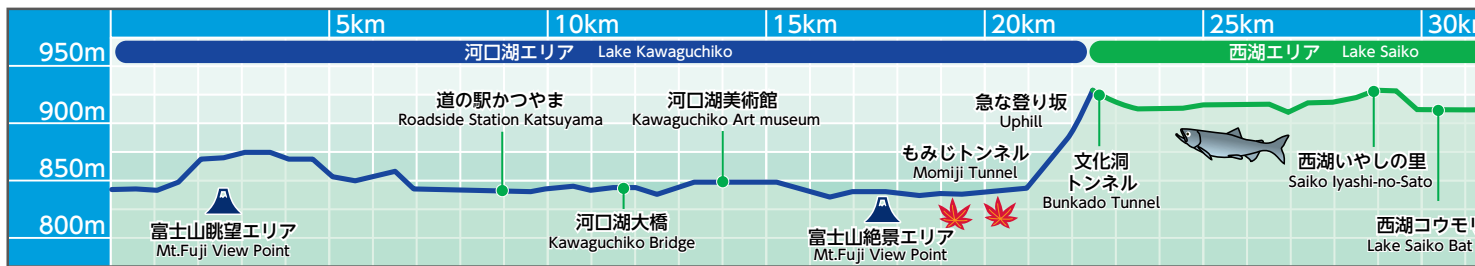
■ Competition Rules

- (1) The competition rules adhere to the 2023 Japan Association of Athletics Federations' regulations and this event's regulations.
- (2) As a rule, runners are to run on the left side of the road (on the right in some sections).
- (3) Runners who do not reach a checkpoint before the cut-off time must retire from the race. Checkpoint times are listed under "Checkpoint Times" on p.10.
- (4) The time limit for the race is six hours from the starting signal ("gun time") at which time the race is cut off.
- (5) If the referee determines that a competitor is unable to continue the race or if a runner interferes with another competitor (by running backwards or irregularly, etc.), that competitor may be disqualified from the race.
- (6) The official record of the event is the time from the starting signal.
- (7) Running alongside another runner to set a pace is prohibited, except for approved individuals accompanying a person with an impediment. It is also prohibited to run alongside a vehicle.

■ Important

- (1) Please manage your physical condition on the day before the race. If during the race your condition deteriorates, please have the courage to quit the race. Also, if you notice a runner having trouble, please tell the nearest official.
- (2) The organizer takes no responsibility whatsoever for illness or injury, loss, or other accidents, except for first-aid treatment.
- (3) No special drinks (drinks prepared for specific individuals) can be left at the water stations.
- (4) The organizer takes no responsibility for any trouble that occurs due to drinking fluids or consuming foods outside of designated water stations.
- (5) If using a portable music player or the like, please listen at a volume at which you can still hear the instructions of staff.
- (6) It is dangerous to stop suddenly during the race to take photos or for other reasons. Please be aware of the runners around you and enjoy the race.
- (7) You will be disqualified if you are found to have used toilets other than those designated during the race.
- (8) Please be sure to wear a mask except during the race.

Full Marathon Course Map



Water & Food

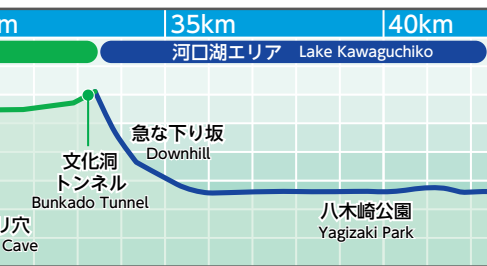
| Station | Front of Yamanashi Chuo Bank | Fuji Omuro Sengenjinjya Parking | Hoto Labo. | Front of Tozawa Campsite | Front of Nagahama Fishing Club | Front of townhouse branch office | Front of Saiko KUWARUBI Campsite | Saiko Iyashi no sato | Front of Saiko CC | Bunkado tunnel | Oku Kawaguchiko Marine |
|----------|------------------------------|---|---------------------------|--------------------------|---|----------------------------------|----------------------------------|-------------------------------------|----------------------------|----------------|--|
| Distance | 6.1km | 9.5km | 13.6km | 16.5km | 21.4km | 21.9km | 24.9km | 28 km | 30.3km | 34.3km | 35.9 km |
| Water | Sports drink only | Water Sports drink | Water Sports drink | Water Sports drink | Water Sports drink | Water only | Water Sports drink | Water Sports drink | Water Sports drink | Water only | Water Sports drink |
| Food | | Bananas Yamanashi specialty Products フジパン Bread | Bananas Chocolate etc. | Energy jelly | Yamanashi specialty Products Bananas | | Bananas Chocolate | Riceball Miso soup フジパン Bread | Energy jelly フジパン Bread | | Yamanashi specialty Products Bananas Chocolate |

*Quantities are limited

*Food selection on race day is subject to change.

*All water stations are equipped with trash cans; please properly dispose of your trash in the trash cans there.

*There is no reception for special drinks at this event.



| |
|--------------------------------|
| Fuji Omuro Sengenjinja Parking |
| 39.1 km |
| Water Sports drink |
| Chocolate Sweets |
| フジパン Bread |

Distance Markers

Distance markers are located in 1 km intervals from start to finish.

Timing Points

Timing mats are placed every 5 km and at the halfway point as a means of recording runners' times. They are placed so that you will pass over them naturally as you run the designated course. Failure to pass over the mats may result in failure to record your time and lead to disqualification. Those who drop out before finishing are asked to exit the course without passing the finishing area (goal line).

Toilets

There are portable toilets as well as private toilets in the venue area. Please use your best manners when using the toilets.

Time Limit

6 hours (until 3:00 pm)

*In order to prevent accidents, runners are prohibited from running on the course after the end of the race. Race time will not be extended in accordance with any runner's net time (time that compensates for the difference between the start time and the time which the runner crosses the starting line).

*The time limit is set based on the gross time (time from the firing of the starting gun).

Checkpoint Times

- ① Kawaguchiko Ohashi Bridge (South)
12.1 km point 10:57 am
- ② Terazaki Fisheries Cooperative Parking Area
20.5 km point 12:03 pm
- ③ Saiko Gyominso
27.3 km point 1:00 pm
- ④ Saiko Community Center
30.3 km point 1:24 pm
- ⑤ Ashiwada Branch Office
35.1 km point 2:03 pm
- ⑥ Katsuyama Roadside Station
37.7 km point 2:24 pm

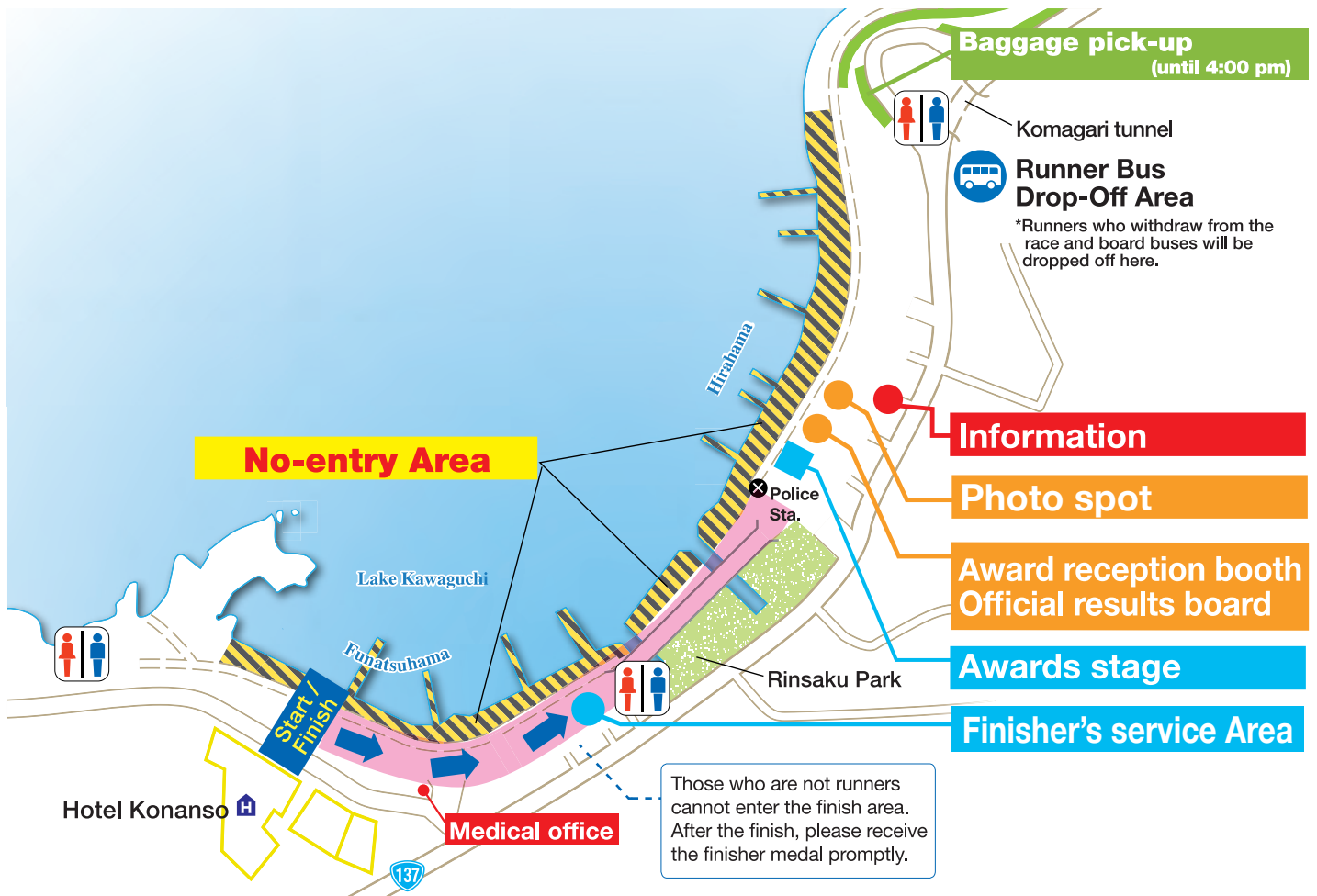
In order to prevent risk and ensure the safety of runners, checkpoints are located at the locations listed above.

- Runners who remain on the course after the checkpoint closing times are asked to either board the bus at the next checkpoint or the collection bus at the end of the runners' line. Runners who board the bus will be let off at the runner bus drop-off area (see p.8) located at the Full Marathon Main Event Space.
- Even before the checkpoint closing time, if you have been deemed clearly unable to proceed to the next checkpoint by judges or medical staff, you will be directed to withdraw from the race.
- The number cards of runners unable to pass through the checkpoints will be collected. Please follow the instructions of the judges. You will be allowed to take your timing chip home with you.

Dropping Out

If you wish to withdraw from the race, please raise your hand and notify nearby staff.

- Traffic restrictions will be lifted for parts of the course in accordance with the of each checkpoint and a collection bus will be put into operation. If this bus catches up to you, you will be considered withdrawn (disqualified) from the race. At that time, please board the bus immediately.



Awards

The official results of higher-ranking runners will be posted in front of the award reception booth.

Location: Lake Kawaguchi Shore Hirahama Stage

Information for Award Recipients

| Category | Ceremony Time |
|---|---------------|
| Runners Registered with the JAAF | |
| Men 1st – 6th place | 12:45 pm |
| Women 1st – 6th place | 1:00 pm |
| General Runners | |
| Men 1st – 6th place | 12:45 pm |
| Women 1st – 6th place | 1:00 pm |

*Please report to the award reception booth 10 minutes before the start of the ceremony.

*The ceremony will begin even if all the award recipients are not present. In that event, the awards, etc. will be given to the recipient after the conclusion of the ceremony or shipped to the recipient at a later date.

Information Regarding Age Class Awards

The 1st – 6th place male and female finishers in each age class will be presented with a certificate and a prize. Please report to the award reception booth next to the Hirahama Stage during the time listed below.

*There will be no ceremony.

*The 1st place finishers in each age group will have a commemorative photo taken at the "Award reception booth".

Award/Prize Reception Time 12:30 pm – 4:00 pm

*Recorded finishing time will be from the firing of the starting gun (gross time)

Age class is now categorized for every five years!

<Men>

Male marathon under 24, 5-year steps from 25, 70 or above

<Women>

Female marathon under 24, 5-year steps from 25, 70 or above

Race Day (Nov26) Train Timetable Information (excerpt)

Approx. 65-min via JR Chuo Line Limited Express from Shinkuju to Otsuki Sta.
 At Otsuki, transfer to the Fuji Kyuko Line Limited Express, approx. 45-min to Kawaguchiko Sta.
 Get off at Kawaguchiko Sta. 10-min walk to marathon event area from Kawaguchiko Sta.

Accessible from central Tokyo via JR East, transferring to the Fuji Kyuko Line.

Train timetable for coming to Mt.Fuji International Marathon (24h) (as of November 2023)

| | |
|----------------------------|---|
| Regularly-scheduled trains | Dep. Tokyo 4:59 → Dep. Takao 6:14 → Arr. at Otsuki 6:51 / Dep. Otsuki 7:03 → Arr. at Kawaguchiko 7:58 |
| | Dep. Tokyo 5:59 → Dep. Takao 6:42 → Arr. at Otsuki 7:19 / Dep. Otsuki 7:24 → Arr. at Kawaguchiko 8:19 |

JR East and Fuji Kyuko will operate special train services connecting the Shinjuku/Tama area with Kawaguchiko for the 7-th Fujisan Marathon. For more information, please consult "JR train timetables", ask station staff at JR East train stations, or call Fuji Kyuko Mt. Fuji Sta. (TEL: 0555-22-7133)

| Additional trains scheduled for Fujisan Marathon | Train Name | Departure Sta. / Time (24h) | Arrival Sta. / Time (24h) | Seating |
|--|-----------------------|-----------------------------|---------------------------|------------------------------|
| | Rapid Fujikaiyu No.89 | Shinjuku 5:21 | Kawaguchiko 7:15 | Reserved seating in all cars |

Returning train timetable (24h)

| Train Name | Departure Station/Time |
|---------------------------|------------------------|
| Fujisan View Express No.4 | Kawaguchiko 1:13 pm |
| Local | Kawaguchiko 1:28 pm |
| Rapid Fujisan No.14 | Kawaguchiko 2:01 pm |
| Local | Kawaguchiko 2:19 pm |
| Rapid Fujikaiyu No.36 | Kawaguchiko 3:03 pm |
| Local | Kawaguchiko 3:20 pm |
| Rapid Fujikaiyu No.88 | Kawaguchiko 3:50 pm |
| Rapid Fujikaiyu No.78 | Kawaguchiko 4:25 pm |
| Rapid Fujikaiyu No.44 | Kawaguchiko 4:51 pm |
| Local | Kawaguchiko 5:03 pm |
| Rapid Fujikaiyu No.48 | Kawaguchiko 5:36 pm |

* Riding the "Express Train" requires the purchase of a limited express ticket in addition to the standard passenger ticket. (except between Kawaguchiko and Mt. Fuji Sta.)
 * The "Fuji Tozan Densha" is all-reserved seating; reservation required. All sections require an additional ¥200 (adults/children) seating ticket. In the event that it is fully booked, you will be unable to purchase a ticket to board this train. Thank you for your understanding.

[Notes]

- Train delays on race day may make it unable for you to make your predetermined transfer.
- In the event that the race is cancelled and train services are still operational, there will be a cancellation fee predetermined by JR charged when refunding the cost of your reserved seating ticket. Thank you for your understanding.
- Significant timetable delays may occur due to operation status, etc. on race day. Please note that this may cause you to miss the start of the race.

Reserved seating tickets can be purchased from 10:00 am on the day one month prior to the boarding date at JR station ticket offices, major travel companies, "reserved seating ticket vending machines", or the "Eki-net" website.

All seats are reserved for Limited Express Fujisan Marathon. "Eki-net" is useful for reservations!

Pre-reservation for Shinkansen and limited express train reserved seating tickets on JR lines nationwide (with some exceptions) is possible via "Eki-net" one month and one week prior to the boarding date. (free registration: www.eki-net.com)

* Even in the event of pre-reservation, the actual sale date of the tickets is one month prior to the boarding date at 10:00 am. Tickets may not be available in the event of full booking, etc.

Runner Tracking (Runners Update Service) (Japanese language only)

This service, available on the official event website (PC/smartphone/mobile phone) allows you to search by name or number to follow a runner's progress, with updates in 5 km intervals and at the halfway point.

* This time is for tracking purposes and is not an official record.

This service allows supporters to follow participants' progress.

PC/Smartphone

① Support Navi

② First- and last-place time information can be found here:

<https://mtfujimarathon.com/english>

* This service is only available on PCs and smartphones.



Get essential items for runners at the Sports Depot booth!

“Sports Depo” is waiting for runners with a wide selection of essential items for marathons.

At the “Sports Depo” booth, we have everything you need before running, such as taping, socks, and caps.

We also have a wide variety of cold weather items such as run gloves, neck covers, and windbreakers, so you can take precautions against the cold before heading out!

Why not come and check it out?

Additionally, we also have the “Amino Vital® Marathon Completion Set,” which is essential for runners.

Get your favorite items and make the Mt. Fuji Marathon the best race!

SPORTS DEPO

<https://store.alpen-group.jp/>



Recommended for cold weather running gloves



Recommended for protection against the cold Windbreaker



Amino Vital® Marathon Completion Set

Only for RUNNET GLOBAL entry runners and participants for Tour Package C.

Pre-registration will be held from November 23rd (Thursday) to 24th (Friday) at Alpen TOKYO (Shinjuku ku, Tokyo), the flagship sports store of the Alpen Group.

We will provide hospitality by setting up a base in Shinjuku, which is also the gateway to the event venue, Lake Fuji Kawaguchi, for participants from overseas.



Alpen TOKYO
(Shinjuku-ku, Tokyo)

HUAWEI WATCH

HUAWEI Japan announced the “HUAWEI WATCH GT 4”, a new running watch with a gorgeous new design and powerful performance, And we're honored to have Sir Mo Farah as our ambassador.

You'll be able to experience this amazing new product at HUAWEI's booth at the exhibition from November 25th through November 26th(Marathon opening day)!

In addition, HUAWEI S-TAG will also be featured in the exhibition.

This is a Professional motion sensor that can be worn on the body to help users get 13 running posture indicators.



専門的なランニングモニタリング
HUAWEI WATCH GT 4 | HUAWEI S-TAG



“Fujipan” supports the runners of the Mt. Fuji International Marathon!

"Black Koppe" will be distributed as aid during the full marathon and fun run courses.

For energy supply
"Black Koppe"

黒コッペ

Fujipan's
best selling
bread

Birth Around 1960
(Reprint released in 2004)

Delicious brown sugar from Okinawa
The perfect balance of soft dough and cream



521 kcal per piece of bread



“Fujipan” official X



“Amino Vital®” supports the Mt. Fuji International Marathon!

We offer the “Amino Vital® Series” including “Amino Vital® Pro”, an amino acid that supports race day conditions, before the start and after the race!

Additionally, to support runners during the race, special sales will be held at the booth the day before and on the day of the race.



From the All Sports Community Notice of photo sales service on the day!

ALL SPORTS
community

From the start to the finish of the 12th Mt. Fuji International Marathon.

A professional photographer from the all-sports community will take pictures of you running!

Photos can be viewed and purchased online at a later date.

If you would like to receive an email notification
of photo release after the race, click here!
URL: <https://allsports.jp/event/01262683.html>





パルチン
Palatinose
天然由来の糖

Coke for sports?
This is the **new normal** for athletes

The birth of Athlete Cola!



A cola suitable for endurance sports
Contains palatinose for efficient sugar intake, and
Endurance type that is gentle on the body and made
with naturally derived ingredients
It's cola. Please come visit our booth.



Speaking of taping, it's Pro Fit!
We will support your completion!

At Pro Fit Booth, we are offering a free taping service to
suit your concerns! Taping will support your anxious body during the latter
half of the race. If you are interested, please stop by our booth.



Use the hashtags #Fujisan Marathon and
#fuji42 to spread the word about the
Fujisan Marathon!
Let's get it trending!



X
@fuji42195



Facebook
@mtfujimarathon



Instagram
fujisan_marathon

Search

Self check sheet for physical condition

(No obligation to submit)



Please note that those with a body temperature of 37.5°C or higher on the day of the event will not be able to participate.

If any of the following items apply to you, please let us know whether you can participate in the tournament or not. Please consult your physician.

- Have been diagnosed with heart disease (myocardial infarction, angina pectoris, cardiomyopathy, valvular disease, arrhythmia, etc.)
- Have you ever suddenly lost consciousness?
- I have a blood relative who died suddenly from what is called "heart paralysis."
- You have not had a health checkup for over a year.

The following items are risk factors that increase the risk of myocardial infarction and angina pectoris.

If there are any applicable items, please consult your doctor to stabilize your condition before participating in the race.

- High blood pressure (hypertension)
- High blood sugar level (diabetes)
- High cholesterol and triglycerides (hyperlipidemia)
- Smoking cigarettes

■ Just before the race Self-check items

Please check the following items. If you can't check everything, please pace Dropping, or the dead weight of the lace itself is required.

Self-management is essential to avoid trouble.

If you feel unwell, please stop by a first aid station, speak to the first aid staff, or take the necessary precautions. Please be mindful of abstaining.

- My body temperature in the morning was normal.
- I had breakfast before 6 a.m.
- I hydrated 30 minutes to 1 hour before the start.
- I did not drink alcohol the day before.
- I got enough sleep the night before.
- I have a strong desire to run.
- I don't have diarrhea.
- I don't have a headache.
- No joint pain
- I did a thorough warm-up and stretching.